

Meatballs Chinese style

Total time **25 mins 15 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):

3,274 kJ / 782 kcal

INGREDIENTS

2 portion(s)

100 g glass noodles

2 shallots15 g ginger

0.5 chilli pepper**3.5** cloves of garlic

2.5 tbsp oil

1 tbsp green onion (chopped) **400 g** minced pork and beef

1 egg

0.5 tsp Chinese seasoning,

5-spice

2 tbsp Kikkoman Naturally

Brewed Soy Sauce

4 tbsp Kikkoman Teriyaki

Marinade

1 tsp toasted sesame seeds

0.5 tsp chilli flakes**2 tbsp** coriander

100 g cooked jasmine rice

Fat: **39.1** g Protein: **42.9** g Carbohydrates: **63.3** g

PREPARATION

Step 1

100 g glass noodles

Cook the glass noodles according to the instructions on the packet, rinse with cold water and cut into smaller pieces with scissors. Place in a bowl.

Step 2

2 shallots - **15 g** ginger - **0.5** chilli pepper - **3.5** cloves of garlic - **2.5 tbsp** oil - **1 tbsp** green onion (chopped)

Finely chop shallots, ginger, chilli and garlic. Pour oil into a pan and add the chopped vegetables (including the spring onion). Sauté for about 1 minute, then add to the noodles.

Step 3

 $400 \ g$ minced pork and beef - $1 \ egg$ - $0.5 \ tsp$

Chinese seasoning, 5-spice

Add the mince, egg, and remaining herbs and spices to the bowl with the noodles and vegetables and mix thoroughly. Shape the mixture into balls about 3-4 cm in diameter.

Step 4

2 tbsp Kikkoman Naturally Brewed Soy Sauce - 2 tbsp Kikkoman Teriyaki Marinade - 1 tsp toasted sesame seeds - 0.5 tsp chilli flakes - 2 tbsp coriander - 100 g cooked jasmine rice Fry the meatballs in a pan until golden brown. Add Kikkoman Soy Sauce and Kikkoman Teriyaki Marinade and mix well. Place the finished dish in a bowl, sprinkle with sesame seeds and chilli flakes and garnish with chopped coriander. Serve with the jasmine rice.